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- If you have to use two hands when working, use another part of your body such as thighs, torso or shoulder as the third point of contact to brace yourself against the ladder or nearby structure.
- Carry tools in a tool belt and raise or lower larger tools or materials using a hand line. Never carry heavy or unstable items up the ladder.
- Never climb higher than the third step from the top of a straight ladder.
- If you are looking up while you work make sure you take regular breaks.

For more tips and information about safety in the home visit [www.acc.co.nz/im-injured/preventing-injury/staying-safe-in-your-home-bubble-life](http://www.acc.co.nz/im-injured/preventing-injury/staying-safe-in-your-home-bubble-life)

*Most injuries at home are caused by falls. Many happen outside, on and around ladders. It's not surprising that falling from a ladder can result in all kinds of injuries including long term ones.*

*Knowing how to use ladders safely can help prevent accidents happening.*

*We've put together some practical tips on how to stay safe on ladders that you can apply whether you're new to DIY, an old hand or work around ladders all the time. It's all part of ensuring you're equipped with the knowledge you need to help save yourself, family, friends or colleagues from the pain and suffering caused by injuries from falls.*

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# Ladder Safety

Tips for using ladders safely



# Ladder Safety



Always keep your belt buckle between the uprights



Stepladders should be fully opened and stay bars locked in place

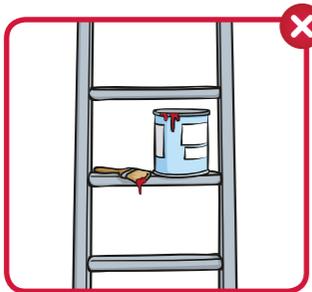
Keep three points of contact on the ladder at all times

Keep your feet at least three rungs below the top

Secure ladder feet with sandbags

Straight ladders should be one metre out at the base for every four metres of height

Ensure the ladder is secure and on level ground



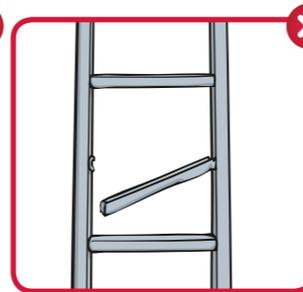
Never have tools or other items resting on the steps or hanging from the rungs.



Never over-reach sideways.



Never carry heavy or unstable items up the ladder.



Never use a ladder with missing, broken or loose parts.

## Questions you need to ask when using a ladder

### 1. Do I need to use a ladder for this job?

- Ladders aren't designed to be used as a platform for working. For big jobs such as painting your house, think about using scaffolding or hiring a professional instead.

### 2. Is the ladder safe to use?

- If a ladder is broken or has loose or missing parts don't use it – it's really not worth the risk. If you're buying a ladder, look for the standards approved label (AS/NZS 1892.1:1996) and read the instructions before using.

### 3. Is it set up correctly?

- Use a ladder with slip-resistant feet and ask someone to hold it steady. If that's not possible, then steady the ladder feet with sandbags or nail a solid piece of wood into the ground so that the ladder feet rest against this for support.
- Place the ladder on firm, level ground.
- Straight ladders should be one metre out at the base for every four metres of height. Stepladders should be fully opened and both stay bars locked in place.

- Ensure the ladder extends one metre above the landing place (eg, roof line) and is at least four metres clear of power lines.
- If possible, tie a straight ladder to something stable as close to where it rests on the wall as possible to prevent movement.

### 4. Am I using it correctly?

- If you're painting, hang your paint tin from a hook on the side of your ladder. Never have tools or other items on the steps or hanging from the rungs.
- Climb down and move the ladder regularly to avoid over-reaching. Never over-reach sideways – keep your belt buckle between the ladder uprights.
- Keep three points of contact on the ladder at all times – two hands and one foot, or two feet and one hand while climbing, and two feet and one hand when working.